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Beheading of U.S. aid worker 'an act of pure evil'

White House confirms death of Peter Kassig **PAGE 16**

Teen sexually assaulted by two men: Police

Cops describe the incident as being 'very disturbing' **PAGE 3**

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FLAMIN' HOT DOG!

Calgary Flames goalie Karri Ramo and his dog Arthur are seen Sunday afternoon during the second annual FurBabies event to raise money for Alberta Animal Rescue Crew Society (AARCS). The red-hot Flames took a bit of a break from their winning ways to spend the afternoon with their loved ones.

CANDICE WARD/FOR METRO

City plots lane reversals to boost core traffic flow

Bottleneck buster. Councillor says traffic solution 'imperative' as city grows



JEREMY NOLAS
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Commuters routinely stuck in downtown traffic jams may soon see their frustrations ease, as the city plans to introduce more lanes running into the core in the mornings and away from it at night.

Calgary roads director Troy McLeod told Metro his department is planning to introduce a one-lane reversal on 4th Avenue SW between 10th Street and 8th Street from 6 a.m. to 9 a.m. in the mornings and a two-lane reversal on the parallel 5th Avenue for the even-

ing rush-hour, running from 3 p.m. to 6:30 p.m.

The two roads, situated in the northwest corner of the downtown core, are known for their bottlenecks, as they provide the most straight-forward route to the city's west and northwest neighbourhoods.

The city is also looking at removing a curb bulb on 8th Street to allow for one more permanent lane of traffic on 6th Avenue through to 11th street. McLeod said it's hoped all of the new road configurations can be put into place sometime in the first half of 2015.

"We're doing the design work right now ... we'd put it in as a temporary setup, we'd decided how long we want it in, a month or two," McLeod said. "Then, we'd look at a permanent lane-reversal with signals, and, in some cases, the signals are already there."

Data indicates more than 60,000 residents flood into the downtown core in the morning but it's believed use of automobiles among those commuters is declining, while transit use and cycling are on the upswing.

Ward 9 Coun. Gian-Carlo Carra applauded the plans and said already-existing lane reversals on Centre Street and Memorial Drive have done wonders to improve traffic flow.

"These systems, definitely work, they definitely help," he said. "The reality is we have to find every efficiency that we can if we're going to continue to deal with the kind of growth we've been dealing with."

"I think it's imperative."

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Party policy

Province considering toll roads: Minister

Getting from point A to point B in Alberta might soon come with a toll on more than just your tires, as the province considers adding a fee for certain roads.

Transportation Minister Wayne Drysdale welcomed a motion supporting tolls from the Progressive Conservative Party's convention this past weekend and said the idea is not a new one.

"We have talked about it in caucus and cabinet in all different ways and, of course, we have had the discussion in our department as well," he said.

Drysdale said he is glad to have the party's support on the idea, which he said is still in the early stages.

"It's really nice to see that our membership of the PC Association supports it as well, which will make the conversation easier going forward," he said.

Drysdale said he doesn't have any specific projects in mind, but said the government has a lot of highway construction that needs to happen.

"There are lots of projects coming up, so probably, going forward, we will have that discussion as they come up," he said.

Ivonne Martinez, the vice-president of policy for the PC party, said a toll road system is seen as a way to pay for the financing of Alberta's new major highways, but stressed it's not binding on the government.

"These are just ideas that people are bringing to the table and we'll see where they go from here," she said.

RYAN TUMILTY/METRO, WITH FILES FROM THE CANADIAN PRESS



Calgary police Staff Sgt. Melanie Oncescu addresses reporters Sunday, following a brutal abduction and sexual assault in the city's northeast Friday. Two men were in custody and charges were pending at press time. JEREMY NOLAIS/METRO

Police: Teen abducted, assaulted by brothers

Charges expected Monday. Girl was taken from bus stop in 'very disturbing' incident



JEREMY NOLAIS
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Charges are expected to be laid Monday after a teenage girl was abducted from a northeast bus stop Friday and then repeatedly sexually assaulted in an alleyway and a home.

Police only learned of what's being described as a "very disturbing" incident the following morning, when the 17-year-

old girl was able to escape the home and rush to her family.

She told officers she was taken at approximately 11:30 p.m. from a bus stop at the intersection of Taradale Drive and Taracove Road NE.

Police Staff Sgt. Melanie Oncescu with the service's child abuse unit said Sunday the girl was dragged into a nearby alley, assaulted with a weapon and then sexually assaulted.

Her attackers then "walked" her to a home in a nearby community, where she was subjected to further sexual abuse.

Oncescu appealed for anyone that noticed anything suspicious to come forward.

"She was forcibly taken from the one address to another, which would potentially

have (led) somebody that would have seen this to think that she was impaired and needed assistance walking," Oncescu said.

Police used the girl's recollection and other investigative tactics to pinpoint the home where she was allegedly held. Three men were taken from that residence and it's believed two brothers, both in their 20s, will be formally charged Monday. Their identities will be made public at that time.

The third resident, a relative of the two brothers, was likely a witness to the crimes, Oncescu said. She indicated one of the suspects had a lengthy history with police.

Oncescu said the victim had been treated in hospital —

Earlier incident

Police said there does not appear to be any connection between Friday's attack and one near the Bridgeland LRT station earlier this month that left a 30-year-old woman with life-threatening injuries.

there were fears she'd suffered a concussion — but has been released. It's not believed her attackers were known to her.

"Obviously in a circumstance like this, this is a very traumatic incident and we'll make sure that she's got supports in place to deal with this," Oncescu said.

1 NEWS

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Owners shocked after SUV plows into NE Calgary 'dream home'

Twice unlucky. Driver of SUV suffered medical incident that led to car crash where homeowner's children normally play

Members of a Calgary family were visibly shaken and couldn't help but think of how things could have been worse after an SUV driver in medical distress lost control of his vehicle and plowed into their northeast home Sunday morning.

The incident occurred along Martindale Drive NE around 11:30 a.m. It's believed the driver of the SUV, a 57-year-old man, suffered a medical incident that caused him to veer off the road and hit the home.

"Something obviously occurred, but we're just not sure at this point," said police Det. Steve Adair.

Neither the driver nor his two passengers, a 35-year-old woman and a four-year-old boy, suffered serious injuries.

But the incident came as shock to the home's owner, Balwinder Dhariwal, who told reporters his three daughters often play in the area struck by the vehicle.

"This is my dream home," Dhariwal said. "We're lucky we had just left 10 minutes earlier."

It was the second unlucky break for the Dhariwal family, as another driver crashed through their fence last year.

The Calgary Fire Department said in a release the vehicle was "fully entrenched" in the home's walkout basement when members arrived on scene.

Firefighters used wooden shoring to stabilize the basement and then constructed a ramp to assist with towing the SUV out of the home.

JEREMY NOLAIS AND CANDICE WARD/
METRO



Calgary firefighters boarded up a portion of a home Sunday after an SUV drove through it. CANDICE WARD/FOR METRO

City may sweeten pot for landlords of secondary suites



Andre Chabot METRO FILE

The City of Calgary may sweeten the pot for landlords of secondary suites.

A motion to be heard Monday suggests a new 18-month grace period to bring non-conforming suites up to snuff and help the city create more needed homes.

The notice of motion, brought forward by Coun. Andre Chabot, is asking members to consider the longer grace period along with the

possibility of fining those who don't comply within the 18 months. Money from the fines would then go toward more affordable housing initiatives.

"I want to ensure that people in secondary suites are in a safe and secure suite, safety is the primary motive of this notice of motion," said Chabot. He said the motion isn't for renters who already live in non-compliant suites, but intended to be for landlords to bring

their basement apartments up to code before renting them.

Miranda Woofenden and Matt Baziuk, a couple who came to Metro with their story of a non-conforming secondary suite see the motion as a step in the right direction, but are wary of what it will do for tenants who are already in an illegal secondary suite situation.

"Landlords who are unsure or who outright know their suites wouldn't pass inspection

probably still wouldn't come forward," said Woofenden in an email. "Why kick the hornet's nest if they'll have to pump money into the property to bring it up to snuff?"

Chabot is also suggesting creating an interactive map outlining the existing suites council has approved. He says this would help renters navigate the complexities of basement suites and determine whether or not to go forward

with renting a property.

"There's a multitude of benefits from it," he said. "From a renter's perspective, they will have the security and knowledge of knowing whether or not they are moving into a legal one or illegal one."

Woofenden said the map could act as incentive for landlords to get their spaces up to code, so they can be added to the official registry of suites.

HELEN PIKE/METRO



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City looking into ways to set cabbies independent

Consultation. Drivers being asked about their interest in leaving brokerages



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City regulators are hoping to pave the way for more cabbies to go independent.

Currently, all of the more than 750 individual taxi plate-holders in the city affiliate with a brokerage — Checker, Associated and United are the three biggest.

Generally, the companies supply their drivers with insurance, a dispatch system and the pricey taximeter technology the city requires to be installed in vehicles picking up patrons.

But some drivers have long complained that they're forced to pay pricey stand rents and, in Associated's case, sit in long queues at the airport when there are few fares available.

Now, at the direction of city council, city chief livery officer Marc Halat said his team has revved up a consultation with cabbies to see what interest there is in shedding their broker allegiance and what barriers stand in the way of doing so.

"I think the cost of doing it (going independent) is lower than some drivers have been thinking it is," Halat said. "It's still very expensive and

Tied
750

All of the 750-plus plate-holders in Calgary are affiliated with a brokerage.

very risky, but with technology there are ways to make it work."

E-hailing apps have entered the business rapidly in recent months, with all major brokers in the city now providing patrons with a smartphone option to arrange a ride. Other, third-party apps, including FastCab and Uber, have also attempted to enter the fray but faced difficulty with securing a fleet of properly licensed drivers and, in Uber's case, adhering to city regulations for sedan service.

There have been a few cabbies that gave the independent option a go over the years — all were required to paint their cars orange and slap a decal on that identifies their non-broker business model of choice.

But Checkers owner Kurt Enders noted that the requirements to run a cab in the city have been ramped up in recent years.

"There's the reporting we go through, the proper point-of-sale, the (installation) of the security camera, all of the stuff that wasn't in the old bylaw," he said. "Now, all of the same requirements we go through, they must go through."

Metro polled drivers in



Checker and Associated remain Calgary's two largest taxi providers, but the city said it's eyeing ways to improve conditions for cabbies wanting to run broker-free. METRO FILE

two separate locations and found few willing to give the cab business a go on their own.

"If you're with the company, insurance is good, but if you're independent it's hard to get a good insurance rate," explained one Associated driver, who asked not to be named.

He added that Calgarians tend to stick with the com-

panies they know when it comes time to hail a ride.

"If you're not making enough money it's not worth it," the Associated driver said.

Halat, however, encouraged drivers unhappy with their current employer to "step up to the plate."

"I'd like to see half a dozen go independent — that's the competitive spirit I'd like to see," he said.

Code 8

In case a cab is not an option

Aside from using an e-hailing app to arrange rides with customers, chief livery

officer Marc Halat said independent cab drivers could also turn to Code 8s, which are informal agreements for service between a driver and patron that are made outside of dispatch systems.

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Councillor aims to prevent close-proximity liquor stores

Bottoms up?

Relaxation of rules has come with proliferation of booze sellers: Chabot



JEREMY NOLAS

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Suds sales appear to be strong in Calgary, but one councillor won't raise a glass unless rules for stores selling liquor are upheld.

Coun. Andre Chabot will bring a motion to city council Monday calling for stronger enforcement of a land-use bylaw that requires all liquor stores to be 300 metres apart and no closer than 150 metres to schools.

He said Sunday that city data indicates a 15 per cent spike in the number of liquor stores operating in the city per 1,000 people and, with that, the number of relaxations of the separation rules has increased.

"There's a negative perception associated with liquor stores," Chabot said. "If you see a whole bunch of them in close proximity, there are some social issues ... especially if they're close to pawn shops

and those sort of things associated with the exchange of goods for cash.

"If it's close proximity, some people with alcohol problems may go to a pawn shop and then find a liquor store ... a lot of times they end up drinking it right close to where they got it from."

He said he's heard the greatest number of relaxations are along 17th Avenue SE and in the Kensington area and were being granted by the Development Authority and the Sub-division Appeal Board.

He will now seek land-use amendments no later than February that would limit the maximum relaxation allowed to 10 per cent.

But not everyone sees a problem with the stores.

"I pay my bills, just like every one else pays their bills," said Avijit Biswas, owner of Super Low Liquor in Forest Lawn.

Biswas said there's a competitor's store one block over from his own, but he doesn't mind. He said there are only about 300 businesses like his in the city, just a fraction of the 1,400 operating provincially.

"It doesn't seem like a problem," he said.

'Minimal risk'

Alberta legislature to open with new security measures

When the doors open on another session of the Alberta legislature Monday, they won't be opening quite as wide.

Speaker Gene Zwozdesky announced Friday the building would see tighter security in the wake of the Ottawa shooting. "The tragedy of the



MLA Thomas Lukaszuk METRO FILE

a need to enhance security protocols," he said.

Among the changes will be the closure of the main doors on the north side of the building. All visitors will now

October 22 shootings at Parliament Hill in Ottawa has shone a spotlight on legislatures across the country and demonstrated

have to enter through the west doors, where they will be subjected to a security screening.

Edmonton-Castledowns MLA Thomas Lukaszuk said it's not the first time he's seen a change like this. "Just after I got elected, a few months later, we had 9/11 and that meant significant changes," he said.

He said he suspects the public will accept the new security changes, but balance is key.

"We have to make sure members and employees of

the legislature are safe and they can carry out their work with minimal risk, but at the same time this is the most public building in Alberta — it's a people's legislature," he said.

Lukaszuk said even with the changes the building is still a very open public space. "I had the pleasure of visiting literally dozens of parliament buildings around the world and still, after this change, ours will be one of the most accessible." RYAN TUMILTY/METRO



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One Calgary councillor is worried that too many liquor stores in a community could lead to negative perception issues and social problems. CANDICE WARD/FOR METRO

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WinSport head still optimistic new National Sport School can be built

Nearing the finish line? Talks recently held between school board, winter-sport institute



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Although they're still millions short on the funds required for actual construction, Calgary public schools and WinSport officials have recently ramped up talks on designing and funding a permanent facility for dozens of elite athletes.

Planning for the National Sport School, to be erected at Canada Olympic Park, began as far back as 2009, but has found no known financial supports outside of a \$3-million commitment from the province, enough to cover roughly



Officials continue to be optimistic a school for elite athletes can be developed at Canada Olympic Park, pictured here.
METRO FILE

one-third of construction costs.

The 150 students currently enrolled at NSS are located in a temporary leased office space

at the park.

The school provides student-athletes with a blended schedule that allows them to

devote hours daily to training, while still meeting Alberta education requirements.

In February, the CBE's trust-

Dreaming big

"We're very motivated and want this National Sport School to be here.... It's a perfect fit for WinSport and our mission." Barry Heck, WinSport chief executive and president

ee board approved pitching the Canadian federal government on kicking in \$3 million of its own for the project, given that many future Olympians get their start at the site.

Frank Coppinger, the organization's superintendent of facilities, said at a briefing late last month that any federal funding assistance remains "non-existent."

But Barry Heck, WinSport's chief executive and president, said he believes the school still has merit despite years of delays. Both he and Coppinger said that design work was being finalized for a school site.

"I would say there was a certain lull in the discussions but we're very much back en-

gaged with the CBE in looking at this," Heck told Metro, later adding, "We'll bring the land and we'll find a place on our campus for that (school) to be built. That's a contribution we're able to make. Beyond that, it's a CBE school, they would have to lead the financing efforts in that regard but we're certainly there to the extent we can be."

Coppinger, meanwhile, indicated a final site for the school had been identified, but said he couldn't provide a timeline for construction without the full funding secured.

"We're actively looking at both the completion of design and identification of funding to proceed ahead," he said.

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Where you see a railing, Robert Boersma, pictured here, and his fellow urban skiers see an opportunity.
COURTESY CHRIS PILLING

Urban skiers don't need a hill for thrills

Winter wonderland.

Participants are no strangers to catching a curious glance or two



HELEN PIKE
helen.pike@metronews.ca

More popular slopes may be opening up soon, but some of Calgary's more adventurous skiers don't have to look far for the perfect park — it's right in their backyard.

It's called urban skiing, and Robert Boersma has been doing it with friends for about five years, and filming every second of it for his production company, 403

MEDIA.

They spend all summer plotting out and planning what locations to hit up when the city finally gets its winter coat, and now, after the third big snow of the season, a team of urban skiers are hitting the streets, turning cityscapes into playgrounds.

"In the city, you can look at anything and make it into anything," said Boersma. "You can take a railing going along a bank and hit it and land on the bank, or you can look at a wall and drop off the wall, ski up the wall."

Cam Duncan is one of the star skiers in the 403 MEDIA videos. He has been doing freestyle for five years and got into urban skiing over

the past two years.

"It's more of a challenge," said Duncan. "It's a lot more rewarding than just doing it at the hill.... It's just a lot of fun, more rewarding when you land the trick you want."

Seeing a skier fly over an underpass may raise some eyebrows, but Boersma says, for the most part, people are just curious when they see him and his crew out and about.

"Most people are totally fine with it," said Boersma. "The police will come every once in awhile because they're just curious.... Once they find out we're skiing, they're totally fine with it."

He adds it's definitely a grey area when it comes to store or school property, but as long as they are on public property, the city seems to be okay with letting them do their thing.

"Usually people are just more intrigued by it," said Duncan. "It's kind of weird to see someone with skis on in the middle of the city."

Quoted

"It's a lot more rewarding than just doing it at the hill.... It's just a lot of fun, more rewarding when you land the trick you want."

Cam Duncan, one of the star skiers in the 403 MEDIA videos



Sometimes setting up an urban ski spot is half the battle. Austin Coll is seen here using a blowtorch to clear away a bit of the white stuff. COURTESY CHRIS PILLING

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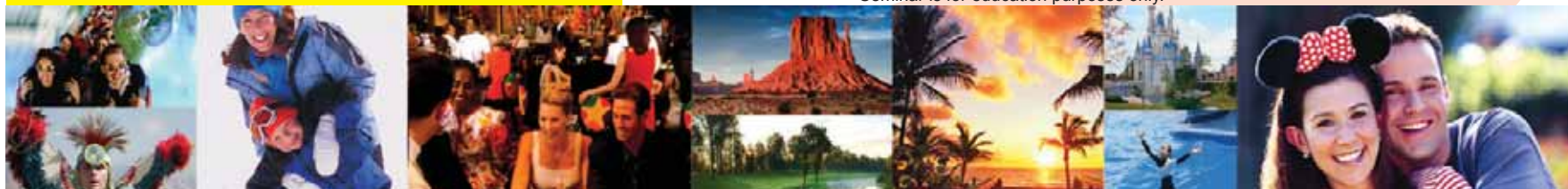
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G20 Australia. Canada to contribute to UN climate fund, Harper announces

Canada will soon contribute to a United Nations climate fund that helps impoverished nations cope with climate change and to develop cleaner sources of energy, Prime Minister Stephen Harper said Sunday.

The pledge, made at the end of the Group of 20 summit in Australia, comes on the heels of an announcement by U.S. President Barack Obama that the U.S. is contributing \$3 billion to the Green Climate Fund.

"We want to see and we will be part of an international agreement of binding obligations on all major emitters," Harper told a news conference after praising the recent climate deal signed between the U.S. and China.

"For the first time, that is actually starting to take shape so that's something we welcome and something we'll contribute



Prime Minister Stephen Harper holds a koala at the G20 summit in Brisbane, Australia, on Saturday. ANDREW TAYLOR/G20 AUSTRALIA/THE ASSOCIATED PRESS

to.... We've always contributed to these international climate financing initiatives, and we'll announce our own contributions to it in the not-too distant future." **THE CANADIAN PRESS**

For more G20 coverage, see page 18

Ghomeshi scandal. Key to stopping sexual assault is teaching consent: Experts

Sexual assault allegations against former CBC Radio host Jian Ghomeshi have sparked a national conversation about how to facilitate the reporting of such incidents, but some advocates say the focus should instead be on prevention.

A key to stopping sexual assaults from happening in the first place is education about the legal landscape, says Kim Stanton of the Women's Legal Education and Action Fund.

"It's so important to educate young people on the law of consent and the fact that consent is something that has

Quoted

"We need to have young people understanding what a healthy relationship looks like."

Education Minister Liz Sandals, who added that "video games and rock videos ... are not portrayals of healthy relationships."

to be renewed at every stage, it can't just be assumed," she says.

Nine women have come forward with allegations that Ghomeshi assaulted them.

THE CANADIAN PRESS



Wind-farm opponents hoping to have their say at appeal

A wind turbine is seen in Melancthon Township, Ont., on Sunday. Groups opposed to industrial-size wind farms are looking to intervene in a landmark appeal that begins Monday against one of Ontario's largest wind-energy projects. The constitutional challenge before divisional court focuses on claims by farm families concerned about the potential health effects of living as close as 500 metres to the turbines. **COLIN PERKEL/THE CANADIAN PRESS**

News media call for Bourque evidence to be made public

New Brunswick.

Lawyers to argue about access to trial exhibits, including videotaped confession of man who killed three Mounties

Quoted

"This case where you have this kind of ambush and premeditated gunning down of RCMP members is a public interest in Winnipeg, just like it's a public interest ... in Moncton."

Lawyer David Coles, who represents media organizations, including The Canadian Press, that have asked for access to exhibits used at Justin Bourque's sentencing hearing

Lawyers will be in a New Brunswick courtroom Monday to argue whether exhibits entered as evidence at Justin Bourque's sentencing should be made public, including a videotaped police interview where he admits to shooting three RCMP officers dead and

wounding two others.

Bourque was sentenced last month to life in prison with no eligibility for parole for 75 years, after pleading guilty to three counts of first-degree murder and two counts of attempted murder. The penalty is the harshest Canada has

seen since the last state-sanctioned executions in 1962.

A number of news media organizations, including The Canadian Press, have asked for access to the exhibits that were used at his sentencing hearing.

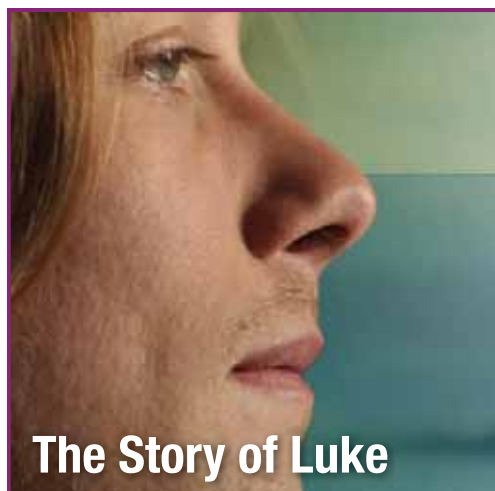
Lawyers for Bourque and the Crown are opposing the

request.

David Coles, the lawyer representing the media, said the public has a right to see and hear the evidence.

"It seems to me the Canadian people have a right to review the evidence upon which the chief justice made the decision that was appropriate," Coles said. "We live in a society where, unfortunately over the past several years, a multiplicity of our peace officers have been gunned down and one has to ask, 'Are the protocols appropriate? Are their orders appropriate? Is their equipment sufficient?'"

THE CANADIAN PRESS



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'Ebola nurse' turns focus to Canada

Policy game. U.S. nurses take Canadian government to task on recent clampdown on flights from Ebola-affected regions

She took on U.S. politicians. Now a nurse who castigated what she considered ignorant Ebola policies in her own country has a few words for the Government of Canada.

Kaci Hickox, the woman who became known as The Ebola Nurse, is now free to move around, after clearing the 21-day virus-free period. Outside of her own experience, she's become familiar with Canada's clampdown on travel from parts of West Africa.

"I had this terrible gut reaction," Hickox said.

Large numbers of people have told pollsters they want severe travel restrictions, simi-



Kaci Hickox THE CANADIAN PRESS

lar to the measures imposed in Canada. The U.S. government has resisted, saying they would be more harmful than helpful.

"We should be listening to public-health leaders. This should not be a political game," she said.

Another American back from a volunteer stint in Africa chose, unlike Hickox, to willingly place herself in quarantine. Jessi Hanson said she was lucky to have a supportive employer, who let her work from home.

But she was equally scath-

ing, perhaps more so, toward the Canadian policy.

"Shocked and appalled," Hanson said of the reaction she's heard from friends in the U.S., to Canada's Oct. 31 announcement.

She said it sends a signal to the rest of the world that these countries should be cut off, their economies further damaged, and their travel ability restricted. Hanson said it also risks a serious unintended consequence: scaring African countries into covering up evidence of Ebola on their soil.

"What does it say — how do we value that country and those people? I don't think Canada would have imposed such a ban on the United States or England," Hanson said.

The Canadian government points out its policy allows some case-by-case exceptions, and because it doesn't apply to people with Canadian passports, it wouldn't affect health workers heading to Africa.

THE CANADIAN PRESS



Top court orders encampments dismantled

A message is seen on the road near a protesters' encampment at Burnaby Mountain in Burnaby, B.C. Activists aim to block progress on the \$5-billion Trans Mountain Pipeline Expansion project, which would triple the capacity of the pipeline that carries crude oil from near Edmonton to the Vancouver area to be loaded on tankers. Protesters are blocking the entrance to a trail on the mountain where Kinder Morgan is to prepare for the pipeline project. A B.C. Supreme Court judge ruled against five activists named in an injunction application sought by Kinder Morgan, saying they have until 4 p.m. Monday to dismantle their encampments. DARRYL DYCK/THE CANADIAN PRESS

Springing into action

Canadian Navy members fight Turkish fire

The federal government says six Royal Canadian Navy members sprang into action to battle a fire while dining on shore in Turkey, dousing

flames and evacuating a burning building.

National Defence says the crew members of HMCS Toronto were eating at a restaurant during a port visit in Antalya on Friday when they spotted the blaze.

Acting quickly, the group grabbed a fire hose, rigged it in the street outside the burning structure and

sprayed it with water, snuffing out the fire.

The military says HMCS Toronto was in Antalya after participating in a Turkish-led anti-submarine exercise. That exercise was part of NATO-supporting military activities taken in response to Russia's aggressive actions against Ukraine.

THE CANADIAN PRESS

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Obama slams beheading of U.S. aid worker as 'an act of pure evil'

About a dozen others also killed. The White House confirmed the death of U.S. aid worker Peter Kassig, the fifth Westerner killed by ISIL.

The Islamic State of Iraq and the Levant (ISIL) released a video Sunday of a masked militant standing over a severed head it claimed was Peter Kassig, a former U.S. soldier-turned-aid worker who was taken hostage while delivering relief supplies to Syrians caught in that country's brutal civil war.

Hours later, the White House confirmed Kassig's death after a review of the video, which also showed the beheadings of a dozen Syrian soldiers.

Kassig, 26, a former Army Ranger who returned to the Middle East to help wounded and displaced Syrians, "was taken from us in an act of pure evil by a terrorist group that the world rightly associates with inhumanity," President Barack

Obama said in a statement. He denounced the extremist group, which he said "revels in the slaughter of innocents, including Muslims, and is bent only on sowing death and destruction."

With Kassig's death, ISIL has killed five Westerners it was holding. American journalists James Foley and Steven Sotloff were beheaded, as were British aid workers David Haines and Alan Henning. Unlike previous videos of slain Western hostages, the footage released Sunday did not show the decapitation of Kassig or the moments leading up to his death.

"This is Peter Edward Kassig, a U.S. citizen ... who fought against the Muslims in Iraq," said the black-clad militant, who spoke with a British accent that was distorted in the video, apparently to disguise his identity. Previous videos featured a militant with a British accent that the FBI says it has identified, though it hasn't named him publicly. The video appeared on websites used in the past by ISIL, which now controls a third of Syria and Iraq.



This undated file photo provided by the Kassig Family shows Peter Kassig standing in front of a truck filled with supplies for Syrian refugees. COURTESY KASSIG FAMILY/THE ASSOCIATED PRESS

The video also showed the beheadings of about a dozen men, identified as Syrian military officers and pilots. A black-

clad militant warns that U.S. soldiers will meet a similar fate.

Kassig's family said in a statement that they preferred

that he "is written about and remembered for his important work and the love he shared with friends and family, not in

Captured in Syria

Peter Kassig captured while delivering aid

Peter Kassig first experienced the Middle East as a soldier, then returned as a student and, finally, as a humanitarian intent on helping those whose lives were upended by the brutal civil war in Syria.

Kassig was captured last year in eastern Syria while delivering relief supplies to refugees of Syria's civil war. The Indianapolis man, a former U.S. Army Ranger who founded a relief organization, converted to Islam while in captivity and took the first name Abdul-Rahman.

the manner the hostage takers would use to manipulate Americans and further their cause."

THE ASSOCIATED PRESS

Amateur footage of Flight 17 downing shows alarm in village



In this image from amateur video taken on July 17 and obtained by The Associated Press, men stand near the wreckage of Malaysia Airlines Flight 17 near the village of Hrabove, eastern Ukraine. THE ASSOCIATED PRESS

Four months after Malaysia Airlines Flight 17 was shot down over rebel-held eastern Ukraine, The Associated Press has obtained video that shows how close the burning passenger jet came to hitting village homes and suggests that residents first assumed it was a Ukrainian military plane that had been struck.

The amateur footage, filmed by a resident of Hrabove, shows people reacting in alarm as wreckage blazes only a few meters away from their homes on the afternoon of July 17. The video is perhaps the first taken immediately after the plane

came down.

The ultimate cause of the MH17 disaster is the subject of major diplomatic disputes. Ukraine and Western government say Russia-backed separatist fighters fired the rockets that felled the plane, while state-run television in Moscow over the weekend produced evidence it claims places blame with Ukraine's air force.

All 298 people aboard the Boeing 777 flying from Amsterdam to Kuala Lumpur were killed when it was shot down over a rebel-held area. Charred remains of the aircraft are scattered around fields over an area

of 20 square kilometres.

Workers on Sunday began collecting debris from the crash site, under the supervision of Dutch investigators and officials from the Organization for Security and Cooperation in Europe. The recovered fragments will be loaded onto trains and taken to the government-controlled eastern city of Kharkiv. The investigation into what happened to MH17 is being conducted there and in the Netherlands.

The recovery operations have been delayed amid continued fighting between government troops and separatist

fighters. A truce was agreed upon in September, but hostilities have raged on nonetheless.

In the video obtained on Sunday by AP, residents of the village of Hrabove can be heard asking about the whereabouts of the pilot. This is significant because multiple Ukrainian military planes had been shot down by this time, and their pilots and crew regularly taken prisoner by rebel forces.

Three days before the MH17 was brought down, rebels claimed responsibility for shooting down an Antonov-24 military transport plane.

THE ASSOCIATED PRESS

Christian enclave

Chibok recaptured by Nigerian forces

The Nigerian army has regained control of Chibok, the northeastern town where more than 200 schoolgirls were kidnapped by Islamic extremists more than six months ago, said army officials.

The army wrested

back control of Chibok on Saturday, about 48 hours after it had been captured by the Islamic militants of Boko Haram, Nigerian army spokesman Brig.-Gen. Olajide Olaleye said.

Chibok is an enclave of mainly Christian families, some involved in translating the Bible into local languages, in the mainly Muslim north of Nigeria.

THE ASSOCIATED PRESS

Nebraska hospital

Ebola-infected surgeon remains 'extremely ill'

A surgeon who contracted Ebola while working in Sierra Leone was in extremely critical condition Sunday at a Nebraska hospital, his doctors said.

Dr. Martin Salia, 44, who

was diagnosed with Ebola on Monday, arrived in Omaha on Saturday to be treated at the Nebraska Medical Center.

Salia is "extremely ill," said Dr. Phil Smith, who is helping oversee Salia's treatment. Ebola has killed more than 5,000 people in West Africa, mostly in Liberia, Guinea and Sierra Leone. Of the 10 people treated for the virus in the U.S., all but one has recovered.

THE ASSOCIATED PRESS

Choosing a new leader

Burkina Faso officials sign election charter

Burkina Faso officials signed a charter on Sunday intended to guide the country toward elections as various factions submitted nominations for an interim head of state to replace longtime President

Blaise Compaore, who abruptly stepped down last month.

Politicians and representatives of the army, civil society and religious and traditional leaders participated in the signing ceremony in the capital, Ouagadougou. An interim president was expected to be named Sunday, while a new prime minister was expected to be appointed by Wednesday. THE ASSOCIATED PRESS



Rhino conservationists on the horns of a dilemma?

This August 2013 file photo provided by Chicago's Lincoln Park Zoo shows an Eastern black rhinoceros calf and its mother at the zoo. A Texas hunting club that auctioned off a permit to shoot an endangered black rhinoceros in Africa said it will cancel the hunt if a the U.S. Fish and Wildlife Service denies the winning bidder's request to bring the dead animal back to the U.S. as a trophy. Should the permit be denied, the Dallas Safari Club also plans to refund Corey Knowlton's successful \$350,000 bid — money which would have gone to a rhino conservation fund in the southwestern African country of Namibia, as part of a fundraiser to save the endangered species. Safari club executive director Ben Carter says the special fund is administered by the Namibian government for habitat restoration and game scouting. COURTESY LINCOLN PARK ZOO, TODD ROSENBERG/THE ASSOCIATED PRESS FILE

Tensions rise in Jerusalem

Israeli man stabbed.

Attack comes as Netanyahu promotes bill designating Israel as nation-state of Jewish people

An Israeli man was stabbed in Jerusalem on Sunday, apparently by a Palestinian assailant, police said.

The incident adds to tensions in the city that have spiked in recent weeks, mostly over disputed claims to a

site that is holy both to Jews and Muslims.

A police spokeswoman said a Jewish man in his 30s was stabbed in the back with a screwdriver by an assailant who "apparently is Arab."

Also Sunday, Israel's prime minister said he's pushing forward a bill that enshrines in law that Israel is the nation-state of the Jewish people, adding a new complication to already tense relations with Arab-Israelis and Palestinians.

At his weekly Cabinet meeting, Benjamin Netanyahu said the law would recognize Israel's Jewish charac-

Opposition

Arabs make up about 20 per cent of Israel's population and can be expected to strongly oppose the law.

ter in addition to its already legislated democratic one. He says "the balance between these two facets is necessary" when Palestinians and others refuse to recognize Israel as a Jewish state.

The bill has yet to be formally drafted and Netanyahu says it faces "many changes and discussions." One of its

prime movers, lawmaker Ze'ev Elkin of Netanyahu's Likud party, is reportedly pressing for it to include provisions institutionalizing Jewish law as an inspiration for future parliamentary legislation, and cancelling the status of Arabic as an official Israeli language, alongside Hebrew.

Netanyahu's decision to push the law forward may reflect pressures from right wing elements in his coalition, which favour advancing a nationalistic, religious-oriented agenda.

THE ASSOCIATED PRESS

Turkey. Erdogan claims Muslims discovered the Americas before Columbus

Turkish President Recep Tayyip Erdogan is claiming that Muslim sailors reached the Americas more than 300 years before explorer Christopher Columbus.

Speaking Saturday at a gathering of Muslim leaders from Latin America, Erdogan said that contact between Islam and Latin America dates to the 12th century.

"In his memoirs, Christopher Columbus mentions the existence of a mosque atop a hill on the coast of Cuba," Erdogan said.

Scholars have disputed the claim in Columbus' writings, saying there is no archeological evidence of Muslims



Turkish President Recep Tayyip Erdogan. THE ASSOCIATED PRESS

having lived in the Americas before Columbus made his expedition in 1492 on behalf of the Spanish crown.

THE ASSOCIATED PRESS

Norovirus. 172 on cruise ship ill, U.S. officials say

The Centers for Disease Control and Prevention says that 172 people on a cruise ship arriving in California on Sunday have fallen ill with the highly contagious norovirus during a nearly monthlong trip.

The Crown Princess has more than 4,100 people on board and will be met by CDC staff upon arrival in San Pedro. CDC staff will conduct testing and evaluate the response.

Princess Cruises "will do a deep cleaning of the ship" before departing for a cruise through the Mexican Riviera, said spokeswoman Susan Lomax.

In April, 129 people on the same ship contracted norovirus during a seven-day cruise off the California coast. Lomax said that the ship went through the same stringent disinfecting process after it docked. THE ASSOCIATED PRESS



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Unlocking the secret to 'an unstealable bike'?

Uphill battle. After Chilean's bike stolen, he and two friends set out to solve a common problem

It's a bicyclist's dream: a bike that can't be stolen.

The Yerka, a prototype de-

signed by three young Chilean engineering students, is the latest entry in a recent trend of bikes that can be locked using some of their own parts.

They include Brooklyn-based Seatylock, which uses its saddle seat as a lock, and Seattle-based Denny, which is locked with its detachable handlebars.

But the inventors of the

Yerka have a new twist on that approach: The bike's lower frame opens up into two arms that are then connected to the seat post and locked to a post, so thieves would have to destroy a Yerka to get it unlocked, leaving it valueless.

"That's why our motto is 'A bike that gets stolen is no longer a bike.' What we have here is truly an unstealable

bike," said Cristobal Cabello, who came up with the design during a college engineering class with childhood friends Andres Roi Eggers and Juan Jose Monsalve.

In Chile and elsewhere in Latin America, the spread of designated cycling lanes, storage racks and bike-share programs are encouraging commuters to switch from cars to bikes, which are

cheaper and environmentally friendly.

Cristobal Galban, who holds a doctorate in naval and environmental engineering and is director of the sustainability research centre at Santiago's Andres Bello University, said a study by his team in 2013 found that "the use of bikes has doubled among Chileans" in five years. **THE ASSOCIATED PRESS**



Cristobal Cabello in Chile with an "unstealable bike." THE ASSOCIATED PRESS

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Australia. G20 leaders make long list of promises

The communiqué issued by a weekend summit of the 20 biggest wealthy and developing economies spanned issues from boosting growth to combatting corruption. Here are some of the commitments made by G20 leaders after two days of meetings in Brisbane, Australia.

Growth

Leaders finalized a plan outlined by their finance ministers early this year to boost the world economy. Through 1,000 policy measures, 800 of which are new, they hope to add \$2 trillion US to world GDP by 2018 on top of the growth already expected. World GDP this year is about \$77 trillion.

An assessment of the initiatives by the IMF and OECD says their clarity and concreteness has increased but some remain "insufficiently precise."

Women at work

The G20 nations want to see 100 million more women in employment by 2025.

That will require reducing the barriers to female participation in the workforce. It would reduce poverty and inequality and boost economic growth. But the communiqué does not say how this new goal will be achieved.

Tax evasion

To prevent cross-border tax evasion by corporations and wealthy individuals, G20 countries agreed to automatically exchange tax information with each other and with other nations by 2018 at the latest.

That is part of an ongoing effort to stop multinational companies lowering their tax bills by moving profits from the country where they are earned to places with lower tax rates.

Infrastructure hub

To be located in Sydney, this co-ordinating body will work with governments, companies and development banks to help the G20 achieve a goal of increasing investment in infrastructure. **THE ASSOCIATED PRESS**

Workin' 9-5?

Paid to play, what a way to make a livin'

From nine to five, seven days a week, Robert Schill plays video games while sitting on a plush, brown sofa in central Florida.

Hundreds, sometimes thousands, of people watch. His web channel has more than 35 million hits in one year.

And Schill gets paid for it.

He's a shift worker, a labourer in a brave and strange new economy that rewards a Big Brother-like existence combined with entrepreneurial pluck.

Schill's not alone in this venture, not even in his own home. When the 26-year-old ginger-haired Schill finishes his shift, he unplugs his game

controller and his roommate, 29-year-old Adam Young, sinks into the sofa and plays until 1 a.m. Then a third roommate, Brett Borden, 26, clocks in for his eight-hour shift.

They are the stars of StreamerHouse. They broadcast via Twitch.tv, an online network that attracts tens of millions of visitors, most of whom watch footage of other people playing video games.

StreamerHouse is set in a 1920s-era Mediterranean-revival home graced with 20 cameras, at least 15 computer screens and two bulldogs (Mister Pig and Baby Pig). It's part reality TV, part talk radio and part performance art. The trio play games, chat with fans and narrate their daily lives into an expensive microphone setup.

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SLOWING DOWN KEEPS PEDESTRIANS SAFER

Installing permanent photo radar in school zones is an OK idea, but it's not a great idea.

City police say they're considering it to make school zones safer for kids. Anything to save lives and reduce injuries, they say. No one would disagree with the worthiness of that goal. But is photo radar the most effective way of achieving it?

We have a problem in this city, as elsewhere, with cars hitting and hurting — and worse, killing — people. Not just kids, but people of all ages.

An average of three pedestrians are hit in Calgary every two days, according to police stats. Those killed this year alone include a male senior who was wearing a safety vest, a 39-year-old mother of two and a 26-year-old man.

Mothers, fathers, sons and daughters.

That is the bigger issue at hand. Making streets safer for ped-



URBAN COMPASS

Jeremy Klaszys

calgary@metronews.ca

estrians will involve more than photo radar tickets from school zones.

Some cities, such as New York City and London, have gone a bolder route and reduced speed limits in residential streets across the board. This is proven to reduce injuries and make streets safer for all pedestrians — not just kids at school, but others, too. This includes elderly citizens and kids outside a school zone.

It's obvious why going slower is safer: Drivers can stop more quickly, and if they do hit pedestrians they do so with less impact. (A car travelling at 50 km/h typically needs 36 metres to stop, while a car going 40 km/h only requires 27 metres.)

There are a few citizen-driven efforts underway to reduce residential speed limits in Calgary. In the community of Sunnyside, there is "30 for Sunnyside," an initiative to drop speed limits community-wide to 30 km/h "to enhance the safety of all road users." They note that 90 per cent of pedestrians hit at

30 km/h or lower survive, according to the World Health Organization. At 45 km/h only 50 per cent survive.

There is also a local campaign called Slow Down YYC, which has 40 km/h as its aim. That's the speed limit New York recently put into effect.

Of course, there are tradeoffs. When speed limits in residential zones are reduced, congestion can increase and greenhouse gas emissions go up slightly.

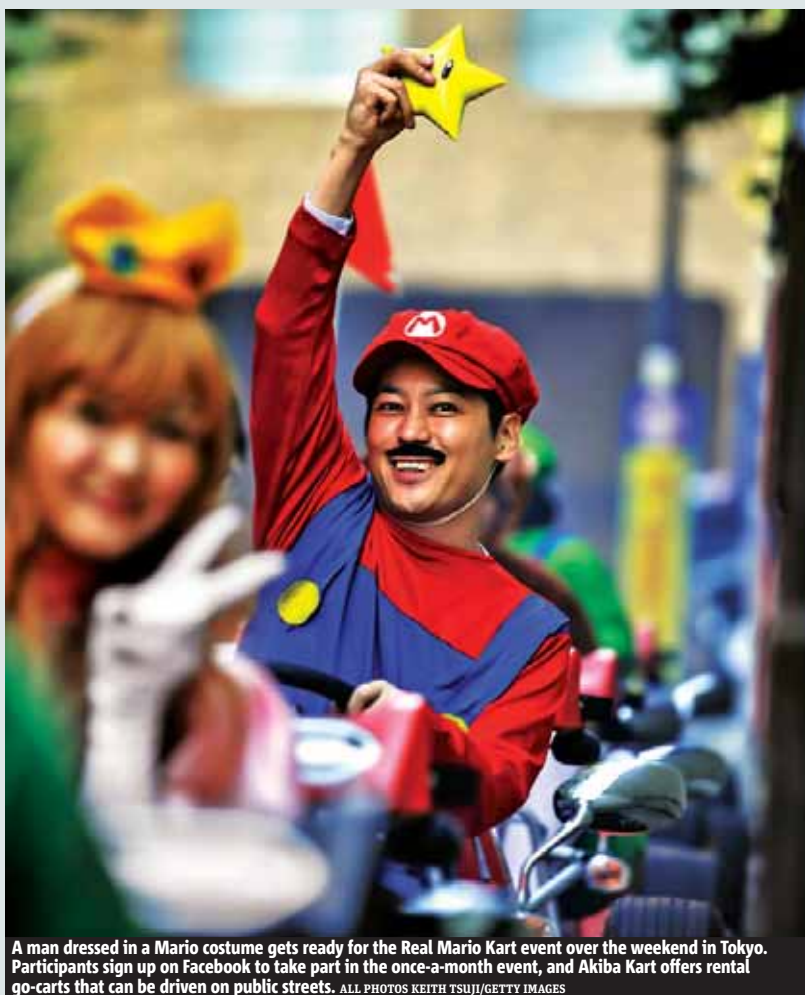
Even so, a recent study in Massachusetts found that the health and economic benefits of reduced speed limits outweigh the costs, and would save the state about \$62 million by preventing pedestrian injuries and deaths.

The City of Calgary is currently developing a pedestrian strategy, focused on making walking safer and more accessible.

As this plan is developed, we should have a public debate on the pros and cons of reducing residential speed limits.

This isn't about slowing down Crowchild Trail, Glenmore Trail and other fast multi-lane roads. It's about improving streets where people live, walk and play.

Kawaii Mario Kart



A man dressed in a Mario costume gets ready for the Real Mario Kart event over the weekend in Tokyo. Participants sign up on Facebook to take part in the once-a-month event, and Akiba Kart offers rental go-karts that can be driven on public streets. ALL PHOTOS KEITH TSUJI/GETTY IMAGES

Japanese cosplayers bring racing game to busy Tokyo streets

Are you a big fan of Nintendo's Mario Kart video games on the Wii and 3DS? Well, you might be interested to watch these Japanese cosplayers bring Mario Kart characters to life on the roads of Tokyo.

The real-life Mario Kart drivers have been seen driving through the Tokyo districts of Shibuya and Harajuku, and are always happy to pose for photos and ham it up for the cameras when they stop at traffic junctions. IBTIMES.CO.UK

Wanna get in on the fun?

Interested parties can rent a go-kart for themselves in Tokyo.

- The go-karts are street legal and travel at a maximum speed of 55 km/h.



MetroTube



Turkey gets the herky jerky



ANDREW FIFIELD

andrew.fifield@metronews.ca

Sure, at first this was amusing: A hapless turkey suitor, working his best plumage game, only to be foiled by a lady bird's quick-thinking rejection technique. But it didn't take long before that laughter turned to tears, because this bird's face-planting failure looks all too familiar. (YouTube)



GETTY IMAGES

Twitter

@metropicks asked: In the latest twist, the big cat on the loose in Paris is not a tiger after all, but hundreds of police officers are still on the case. What should the super-cool official operation name be?

@speirsr: "What should the super-cool official operation name be?"
Operation Tigger Bounceth

@_LeftOne: Spy of the Tiger?

@SteveShrout: Operation Furball. Catnip Caper. Operation Freaky Feline. Operation Here Kitty Kitty Kitty. (The last is my fav)



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 34 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Ebooks



Kitten Clone

By Douglas Coupland

Kindle/iBooks/Kobo

Inspired by the way Internet searches can unfold like stories, Coupland uses an anecdote about kittens to delve into the Internet's origins through a mysterious, hidden company that is the keystone of our connected world. He plays with font sizes, uses html codes, and even holds conversations with ghosts past and future for this strangely engrossing, but enlightening, tech tale.

KRIS ABEL

Music

30th-anniversary
Band Aid single
helps Ebola fight

Bob Geldof, One Direction, Bono and about 30 other stars gathered in a studio in London on Saturday to record a 30th-anniversary version of the Band Aid charity single, to raise money to fight Ebola.

Led Zeppelin's Robert Plant, Coldplay's Chris Martin and Sinead O'Connor were also among the rockers brought together by Geldof to sing the fourth version of Do They Know It's Christmas?

The single aired last night for the first time on Britain's X Factor TV show, and has been officially released today for digital download.

"All pop singers can do is sing, write songs, give up whatever they're doing," Geldof told reporters and fans outside the Sarm Studios in Notting Hill.

The rocker-turned-activist said he had been spurred into action not out of nostalgia, but by a call from the United Nations, concerned about not having the necessary funds to combat the epidemic in west Africa. The virus has claimed more than 5,000 lives, almost all in Liberia, Guinea and Sierra Leone. AFP

Sam Smith's brave songs help cure his loneliness

Music. Breakthrough artist bares his soul in deep, honest lyrics that he believes resonate with his fans

If you go to a Sam Smith concert, you'll probably hear his stories of unrequited love and how he's never been in a relationship.

But he says that void has been slowly filled — partly thanks to meeting men and going on dates — but mainly because of his devoted fans, who have helped him top the charts with his album, push out millions of singles and sell out stadiums like Madison Square Garden.

"I'm going on dates, here and there, meeting people," Smith said in a recent interview. "I'm not lonely anymore because of that, but obviously I would like someone next to me while I sleep."

"But I'm working on that," he added with a laugh.

Smith is the year's breakthrough act, thanks to his booming, soulful voice, playful demeanour and deep, honest lyrics that help break up the monotonous, dance-heavy sound on pop radio.

In the Lonely Hour, his debut album released in June, has sold close to 773,000 copies. His single Stay With Me peaked at No. 2 on the Billboard Hot 100 chart and sold more than three million tracks. And other songs have built on his buzz, from another Top-10 hit and multi-



Sam Smith has sold millions of copies of his soulful songs. THE ASSOCIATED PRESS

platinum success, Latch, with Disclosure, to the upbeat La La La, with Naughty Boy, to Smith's newest single, I'm Not the Only One, which jumped to No. 11.

The 22-year-old has several big-name fans, from Beyoncé to Mary J. Blige, with whom he's recorded. And he's been getting calls to collaborate with others.

"I remember being ecstatic for having 200 Facebook likes. ... Now, I take that completely for granted, now that I have like a million. But I'm now thinking, 'I really would like two million.'"

The Lonely Hour features lyrics that are brave and straightforward — Smith tells one man to leave his lover for him on one song, and on an-

Quoted

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Sam Smith, singer/songwriter

other he's open about being in love with someone who doesn't feel the same.

"When I'm speaking about my insecurities ... that's when my music is the best. And that doesn't happen every day, so this writing process was quite dramatic, and because I was trying to get these songs that were honest and brutal and real," said Smith, who co-wrote each song. "I'm not a naturally sad person, so I was writing for a year and I wasn't sad every single day for a year, so that was tough."

He believes his fans are resonating with his honesty.

"The whole world knows my business now. I've got nothing else to hide ... and I think that people are respecting that."

Smith said fans have told him intense stories about connecting to his music. He's also a voice for young gay men and women who look up to him.

"It's so, so deeply important to me to be a spokesperson ... but not just for gay people — for straight people, for lesbians, transsexuals, anyone in the world. I want my music to relate to absolutely everyone."

THE ASSOCIATED PRESS

Movies. Jennifer Aniston's sex-crazed dentist role is even raunchier in 'bad dirty' Horrible Bosses sequel

Jennifer Aniston said she pushed her sex-crazed dentist character as far as she could in Horrible Bosses 2, but she's willing to try again in a third instalment.

Asked if another sequel is in the works, she replied, "I don't know. It's up to you all."

Horrible Bosses 2, the follow-up to the 2011 hit, opens Nov. 24. It stars Jason Bateman, Jason Sudeikis and Charlie Day as amateur entrepreneurs who get caught up in a kidnapping scheme when their business deal with a conniving investor, played by Christoph Waltz,

goes awry.

The actors improvised a lot during filming, Aniston said in a recent interview, until it became a gross-out contest between the stars.

"This one went into a territory that I think just wasn't even funny," she said. "I couldn't even make it dirty funny. It was just bad dirty."

When it came to creating her character, Aniston said she told the filmmakers: "Just go as far as you can until someone actually gets sick from it."

She feels there's more to do with Dr. Julia Har-

ris. "She's hardly tapped out. We all were a bit sad when this movie came to an end because I, for one, felt it was too soon to end Julia's party."

As the 45-year-old promotes her new comedy, she's also getting potential awards attention for her dramatic turn in Cake, which is open now in limited release. She's not ruling out a return to TV, either, although she didn't hint at any specific plans.

"I've never said never to coming back to television," the Friends star said. "Television is pretty fantastic these days." THE ASSOCIATED PRESS



Jennifer Aniston THE ASSOCIATED PRESS

2 SCENE

Cherubic child star now an unabashed sex symbol

Q&A. Nick Jonas explains his decision to remake his image in preparation for the release of new album

And to think that, back in the early Noughties, Nick Jonas and his band of brothers were wearing purity rings and pledging sexual abstinence ... The cherubic days of Disney Channel fame

are long gone for Jonas. The 22-year-old singer is now an unabashed sex symbol who's bagged a gorgeous girlfriend in Olivia Culpo, Miss Universe 2012. Since the pop-rock Jonas Brothers

parted ways in 2013, Jonas has been resculpting his image as a shirtless hunk on the run-up to the release of his self-titled debut album.

You've redone Mark Wahl-

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Nick Jonas hopes his new music will resonate with more than just fans of the Jonas Brothers. GETTY IMAGES

Quoted

"My music is made so people my age can relate to what is happening ... and make a connection."

Nick Jonas, singer, on his new self-titled album

berg's 1992 Marky Mark photo shoot. What motivated you to do that?

I think just for fun, and to show another side of myself. I wanted to have a fun time with these photos — enjoy it.

How did your fans react?

It was fun to see the reaction of some of them, who were frankly very surprised. Others were quite receptive (to) it, which is good. But with these pictures I just wanted to show that I'm very comfortable with my situation and what I will accomplish in the future.

What would you say about your album to someone who's never heard the Jonas Brothers?

My music is made so people my age can relate to what is happening to them and make a connection. Just for that, I think they'll like it.

What did you do to make your transition from child to adult star a smooth one?

I've been very pleased with everything that has happened to me in the last 10 years, but I think the key to this is to surround yourself with good and proper people, and also motivate yourself to succeed. I also focused a lot on my goals, but if I had to go back in time I would tell the 15-year-old Nick to enjoy the present more. Life moves pretty fast.

Diabetes has also been in your life. How do you overcome these obstacles?

I have always considered myself a person who can overcome adversity — I don't let things scare me. I just think about enjoying what I have and live to the fullest.

What do you do when you're not on tour?

I liked to play golf and enjoy it with my loved ones. I love being with my family, with my girlfriend and my friends. That's what I miss most.

METRO WORLD NEWS IN NEW YORK

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Usher's latest track has a touch of honey sweetness



STARGAZING
Malene Arpe
scene@metronews.ca

A new track by Usher is available only in boxes of Honey Nut Cheerios sold at Walmart. It's all part of a new trend of making it as difficult as humanly possible to obtain a song by your favourite artist. Check inside select packages of Radio Shack men's socks for fresh Coldplay tunes.

Andy Dick is arrested for stealing some random guy's necklace and then making his getaway on a bicycle. Too bad for you, Justin Bieber. Whatever stupid criminal thing you'll think up next, it will still be smarter than that.

Mick Hucknall of Simply Red says it's "probably" true that he slept with more than 1,000 women back when he was a big deal. In unrelated news, more than 1,000 women all over the world unconsciously made a yuck face.

Josh Hutcherson says he's "curious" how human flesh tastes, "like you want

to know what a pigeon tastes like, you know." "I know no such thing," said his Hunger Games co-star Donald "Squab" Sutherland.

Chad Kroeger says that we should all just stop speculating about the condition of his and Avril Lavigne's marriage. So, it's totally over, then? Got it.

Jennifer Lawrence calls co-stars Josh Hutcherson and Liam Hemsworth "my angels" and "my kittens." "Well," she continues, "I really don't care for Josh, but it's best to say nice, soothing things whenever he looks hungry."

Redfoo claims his new song, with the lyrics, "I said jump on the pole; I didn't need your opinion," isn't misogynistic while Nicki Minaj, whose latest video contains Nazi imagery and (for bonus points) was released on the anniversary of Kristallnacht, says she doesn't condone Nazi imagery. Congratulations, Eminem, for picking the right week to rap you'd "punch Lana Del Ray in the face twice like Ray Rice."

Jennifer Aniston says that she and love-biscuit Justin Theroux "can entertain ourselves and talk about endless things." Endless things they like to talk about 1) Possibilities. 2) Universes. 3) Summer. 4) Breadsticks.

Taylor's making Swift moves on Chris Martin

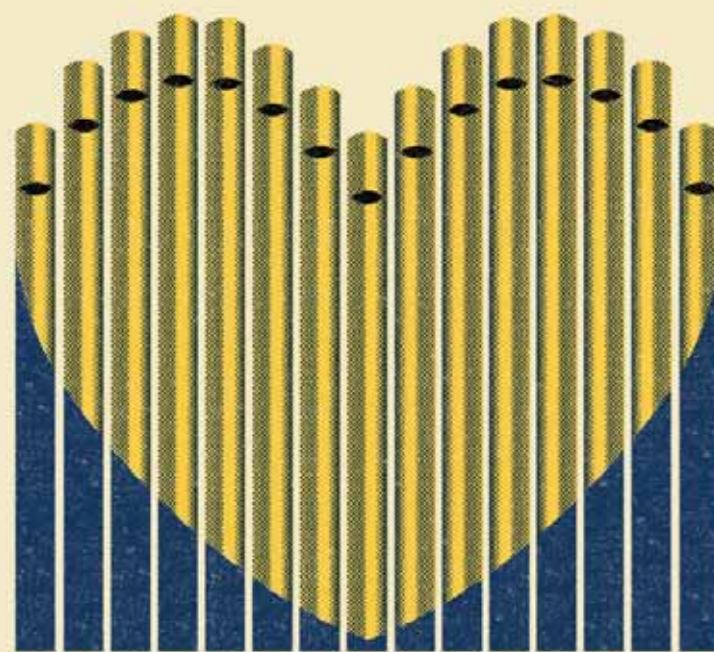


Taylor Swift ALL PHOTOS: GETTY IMAGES

All of the year's gossip stories appear to be converging — and just in time for the holidays! Think of it as the Celebrity Singularity. The latest evidence? This Star magazine story that Taylor Swift — despite recent protestations that she's done dating for a while — has set her sights on Coldplay frontman and Gwyneth Paltrow ex Chris Martin, despite his on-again, off-again relationship with Jennifer Lawrence. Deep breaths, everybody. "Taylor would love to make Chris her new boyfriend," a source tells the magazine. "She's taking advantage of how Jen's and Chris' busy schedules are keeping them apart. She can sense that their relationship is on shaky ground, so she's moving in — fast." All we need is a tag-team response from Blake Lively and Martha Stewart, and we're set. In all seriousness, though, can someone explain to me why Chris Martin is suddenly the hottest thing in Hollywood since sliced Clooney? I'm mystified.

No Fresh dance moves for Alfonso Ribeiro

Alfonso Ribeiro has been the biggest hit of this season's Dancing with the Stars, but is the show going to have to make do without him? E! News confirms that the former Fresh Prince of Bel Air star suffered another injury during rehearsals last week, and it's still unclear if he'll be performing Monday night — or continuing with the competition at all. Ribeiro reportedly injured his back last week while trying to compensate for an earlier groin injury. "I'm doing a lot of treatment every week," he said after last week's show. "I'm doing everything I can just to maintain and try to keep going."



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Make a list and check it twice to stick to your holiday budget

Christmas shopping.

Sit down and draw up a plan to avoid those impulse purchases that will bust the bank



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

As we round the corner into December, holiday shopping is ramping up and we're all under the gun to balance a challenging year with a cheerful holiday season.

Did you learn your lesson last year and decide to set aside some money every month so you wouldn't end up putting your holiday on credit? Did you plan ahead, particularly for big purchases, and take advantage of the stuff that went on sale well ahead of the Christmas rush? Good for you.

Don't want to blow your brains out on gift-giving this holiday season? Pretend you are Santa: make a list and check it twice. Who doesn't need to be on there? To whom can you give a token gift to commemorate the season? How much are you going to spend on each person?

Even if you're just running out for eggnog or wrapping paper, without a list you'll fall victim to a whole bunch of "Jeez, I forgot I also need ..." and bring back a receipt you'll kick yourself for later. Making a list also helps you plan how you'll use those coupons you've got stashed in your wal-



Before heading out, examine why you are buying gifts for certain people on your list. iStock

let.

Before tossing anything into your shopping cart, ask yourself why you are buying it. Are you just fulfilling your duty to give a gift? Are you showing off? Are you trying to keep up? Or are you giving something you can afford that your friend, sister, son or partner will truly enjoy receiving? If they really love you, your mom, brother or BFF aren't going to be happier that you put yourself in financial stress instead of giving them something that might be slightly less and within your means. If they are judging you on your pressie, then they don't really love you and you shouldn't be buying them anything.

Don't self-gift while you're shopping. The one-for-me-one-for-you approach to holiday

Quoted

"Resist the urge to open up all those store credit cards you'll be offered."

shopping is just an excuse to be self-indulgent. More than three-quarters of us buy something for ourselves while shopping for others.

If you see something you want to add to your list, do so, but make sure you wait at least 48 hours before you buy it. Impulse shopping is at its peak during the Holiday Rush and it can be a budget killer.

Go home, check online for where else the item may be on sale, and make sure you're making a thoughtful decision.

Resist the urge to open up all those store credit cards you'll be offered. It's tempting

to get that 10 per cent off your purchase for the day, I know, but think for a minute: stores must be making a lot of money on interest and late fees in order to offer you that special deal. And if you're the sucker who ends up carrying a balance, you'll spend far more in interest than you saved on purchases. And, yes, opening and closing store cards can mess with your credit score.

Skip the extended warranties. Most are a huge rip-off, so if you're even considering it, calculate the cost as a percentage of the item you are buying. Remember, manufacturers'

warranties protect you, usually for up to a year, against any defect. And if you shop with the right credit card, your warranty can be extended to up to two years. Of the dozens and dozens of extended warranties I've been offered in my shopping life, there's only one that I would have made money on!

If you're a smart coupon shopper, you probably check online to see if there are any new offers before you hit the malls. But have you ever thought about setting up a "sale mail" email account when stores ask you for your email so you can get the coupons, but not be inundated with junk in your regular email?

As you grab your keys, grab a sandwich and a drink, too. If you're going to be out shopping for a while, pack a healthy snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self-control) can work properly.

If you can't find the perfect gift for someone on your list, consider a gift of cash. While gift cards may be more "holiday friendly," I only choose gift cards over cash when I want to be sure the body buys something I intended, as oppose to just incorporating the money into the cash flow for household bills. Yes, there are still selfless people who don't want to spend a cent on themselves.

The very best gifts don't cost a penny. Offer up your time babysitting, cooking meals, house cleaning, massaging, sewing, knitting, transporting, or whatever else you're good at.

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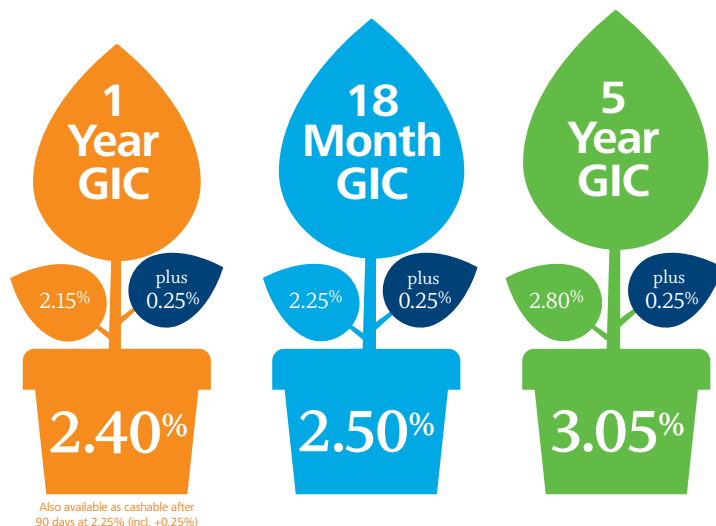
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This recipe serves six. ROSE REISMAN

A little bit pasta, a little bit soup and lots of warmth

Soup Week. We've got you covered for creative slurping ideas, starting with Meatball and Small Shell Pasta Soup



ROSE REISMAN
For more, visit
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A mini meatball and shell pasta soup is a sure winner for the entire family.

It's a complete one-dish lunch or dinner consisting of meat, vegetables and pasta. With this hearty soup, you have a nutritious and well-balanced meal with protein, vegetables and grains.

Feel free to substitute ground chicken or turkey for the beef but increase the bread crumbs to four tablespoons. For extra fibre, use a whole wheat pasta.

Once the soup is made, you'll notice that the pasta swells and there may not be enough soup. Just add another cup of stock when reheating.

By leaving out the pasta, you can make the soup up to two days in advance. When reheating just add the pasta and more stock if necessary.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil sprayed with vegetable oil.

2. To make the meatballs: Combine the ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Place on baking sheet and cook for 10 minutes, turning after 6 minutes.

3. To make the soup: While meatballs are cooking, lightly coat a large nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and meatballs. Bring to a boil, then reduce the heat to low and simmer, covered,

for 10 minutes.

4. Stir in the pasta and allow to simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish it with Parmesan cheese.

Ingredients

Meatballs

- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

Soup

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup finely chopped carrots
- 4 cups low-sodium beef (or chicken) stock
- 1 3/4 cups homemade or store-bought tomato sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1/3 cup small shell pasta
- 1/4 cup grated Parmesan

Money 101. Two couples, one year to make them richer

Overcoming financial obstacles



For 11 months, I have coached two Canadian couples to overcome their money fears. The result of taking control of their respective financial futures has been a collective net worth improvement of more than \$75,000. As we march towards the end of the year, we will lay out a five-year plan that will help each couple achieve their long-term financial goals. But first, we will examine obstacles that each couple faces in making their long-term plan a reality. – *Lesley-Anne Scorgie*



Anne-Marie and Peter will have to decide whether to buy a first home or have a second child. SHUTTERSTOCK

Anne-Marie and Peter

There are three major obstacles Anne-Marie and Peter face in making their long-term financial plans of owning a home and building up retirement savings:

- Peter's low income
- The high costs of child care
- The second child versus first home dilemma

Over the past year, Peter has been wrestling with the financial realities of having a career he loves in sports editing that pays much lower than a similar role in a large corporation.

His excellent work ethic and performance have helped him advance in title and work quality, but not in salary. After much lobbying by Peter and great deliberation by his employer, he secured a raise last month, equating to a 20 per cent salary increase.

Despite this excellent news, Peter still remains underpaid for his work relative to the market. So he will continue to monitor his options in 2015.

The second obstacle is how best to afford child care when Anne-Marie returns to work in the spring. The current quotes range from \$1,750 to \$2,000 per month until their daughter is 18 months old, at which point the child care fees drop approximately 30 per cent.

Anne-Marie and Peter recap

• Location: Toronto	savings, and are committed to paying off debt
• Ages: 37 and 33	• Rent or own: Rent
• Occupations: Broadcasting and sports editing	• Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
• Total household income: \$120,000	• Current net worth: \$110,000
• Life stage: First child arrived in May	• Homework from last month: Prepare a high-level five-year budget
• Financial savvy: Medium to high — they use budgets, have retirement	

Though the couple became familiar with these costs when they were planning their first child, they are still concerned about the impact these costs will have to their budget and overall lifestyle. They may have to consider serious cuts to their social spending, which is \$400 per month.

The third and most significant obstacle is the dilemma of having a second child versus buying their first home. They have tremendous anxiety around affording both, yet many families have gone this route before them and managed with much less.

The facts are that rais-

ing a family isn't cheap and neither is buying a home in Toronto. To have both will require a complete elimination of consumer debt (of which the couple is nearly there), a reduction in social and travel spending, and, most certainly, a higher-paying job for Peter.

Homework

For our last month together, Anne-Marie and Peter will work through a detailed 2015 budget that incorporates child care costs and prioritizes their down payment savings.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.



Carolina is hoping to go back to work part time when her youngest daughter is old enough for preschool. SHUTTERSTOCK

Carolina and Jose

Last month Carolina and Jose finally crossed the threshold into positive net worth. And the cherry on top of this good news was Jose's positive performance review, which landed him a five per cent raise to his annual income.

There is one primary obstacle the couple faces when working towards their long-term financial goals of starting a retirement savings program, eliminating their debt and contributing to RESPs for their three daughters — low household income.

Carolina and Jose recognize that just getting by with their current income is far from desirable.

Though they live an exceptionally frugal life, raising three children and paying a mortgage leaves little for other important financial priorities like saving for retirement, reducing their student loans, and paying for their term-life insurance policy.

Jose's recent raise will certainly help their monthly cash flow, but it doesn't fundamentally change their ability to make serious progress on their savings.

What would make a huge difference to their monthly cash flow is if Carolina went back to work part time in 15

Carolina and Jose recap

• Location: Calgary	a budget, purchased a home, are frugal, and have no retirement savings
• Ages: 33 and 32	• Rent or own: Own
• Occupations: Stay-at-home mom and roofing	• Top goals for 2014: Pay off debt, buy a house, and visit family
• Total household income: \$65,000	• Current net worth: \$1,000
• Life stage: Three daughters, aged five, three and one	• Homework from last month: Building a five-year budget around their five-year goals
• Financial savvy: Medium — they have established	

months, when their youngest daughter is old enough for junior preschool.

They have worked out the math and if Carolina could net \$1,000 per month after taxes, that would enable the couple to eliminate their remaining student debt in two years, kick-start RESPs for their daughters, while being able to contribute a few hundred dollars each month into their RRSPs.

When combined with Jose's ambitious plans to continue climbing the corporate ladder as a safety co-ordinator, they may eventually be able to afford a larger home

for their growing family and higher quality activities and training for their children.

The changes Carolina and Jose envision for their income won't happen overnight, so they will slowly chip away at these major goals, one dollar at a time.

Homework

For this month, Carolina and Jose's homework is to begin contributing \$25 per month to their RRSPs and finalize the details of their will and term-life insurance policy.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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Let it shine for greater success at your desk

Add dazzle to your day. Study sheds light on the benefits of an illuminated existence

A study from Northwestern Medicine and the University of Illinois at Urbana-Champaign indicates that all-day exposure to natural light leads to better and longer sleep at night, increased physical activity, quality of life and efficiency at work.

"There is increasing evidence that exposure to light, during the day, particularly in the morning, is beneficial to your health via its effects on mood, alertness and metabolism," says senior study author Dr. Phyllis Zee, a Northwestern Medicine neurologist and

sleep specialist.

The study focused on office workers. Windows in a workplace could result in 173 per cent more white light exposure during the day and an average of 46 minutes more sleep at night, researchers concluded.

They also noted that workers with more light exposure tended to be more physically active than their counterparts.

In the study, researchers surveyed 49 day-shift office workers, of whom 27 worked in windowless offices and 22 had windows in their offices.

The workers self-reported their quality of life and overall health, but the researchers assessed their sleep using the Pittsburgh Sleep Quality Index (PSQI).

A subset of 21 partici-

pants was surveyed for light exposure, activity and sleep by means of actigraphy.

Of these, 10 worked in windowless environments and 11 in spaces with windows.

The researchers measured additional physiological data using a wearable scientific device that could detect motion and levels of light.

"Light is the most important synchronizing agent for the brain and body," says Ivy Cheung, co-lead author and Ph.D. candidate in neuroscience in Zee's lab at Northwestern.

"Proper synchronization of your internal biological rhythms with the Earth's daily rotation has been shown to be essential for health."

AFP

They're giving me the cold shoulder



Feeling a little achoo-stricized? Let them know your sniffly symptoms are end-of-a-cold in nature and that you will do your best to keep your coughs contained. ISTOCK



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,

I'm recovering from a bad cold, and while I feel healthy enough to return to work, I still have a lingering cough and runny nose. I can tell some of my co-workers are grossed out and/or scared of catching something from me. I don't want to fall further behind at my job — but I also don't want to ick people out. What can I do?

— Pass Me a Kleenex

Dear PMAK,

I'm no doctor, but it sounds like your colleagues might be coming down with a case of Acute Prissy Fear-of-Phlegmitis. It's November. The days are short. Our immune systems are under siege. There are airborne viruses everywhere. Getting sick is just one of the hazards of going to work — or out in the world at large.

Still, be courteous about your mucus. Frequent hand-washing, prompt nose-blowing, and into-your-sleeve sneezing are all chivalries your office snot snobs will appreciate. If your cough is aggressively fitful, hack it out in the bathroom rather than the break room. You can also remove yourself — and your stuffed-up sinuses — from the germaphobic stares of others. On particularly drippy mornings, try working from home or in a more isolated part of your company's space.

And unless you've just Purrelled, put yourself on hiatus from handshakes, high fives, and all other forms of professional affection.

Dear Metro,

I get to work at 9 a.m. each morning, and I want to leave on time at 5 p.m. But all my co-workers linger at their desks until about 5:30. I don't have any reason to stay late, but I'm concerned it will look bad if I ditch first every day. How can I get out of there without seeming like a slacker?

— Workin' 9 to not-5:30

Dear W9TN530,

Are you a slacker? If you're arriving at on-the-dot 9 and completing your tasks on time, there's no obligation to futz in your seat for the sake of appearances. But if your hasty departure reflects a half-baked work ethic, you may want to align your schedule to that of your colleagues.

The real issue isn't what time you leave, but what you make of the time you spend there. Your office may have a culture of late-stayers, but there's no legal basis for unpaid overtime. Rather than concerning yourself with seeming like a slacker, concern yourself with becoming a reliable employee who consistently performs high-quality work. Then no one will care if you loiter until 6 or occasionally sneak out at 4.

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Should I set down my studies for a year and get to know the globe?

Education. Is a 'gap year' after high school the right choice for you?

LAKSHMI
GANDHI
Metro in New York City

It's a familiar script that millions of students follow each year: Graduate high school and then immediately start post-secondary.

But more and more students are embracing the "gap year" — a year of volunteering and working before heading to campus.

"In the beginning of senior year I was really stressed out with homework and extracurricular activities and everything that goes along with it in high school," says Elizabeth Campbell, a 19-year-old from Little Rock, Ark. "And I decided, 'Hey, maybe I want to take some time off and travel and learn another language.'"

Campbell decided to defer her admission to Furman University for a year and moved to Seville, Spain, as part of a gap year pro-



Elizabeth Campbell decided to spend a year in Spain learning Spanish before heading to post-secondary school.

CONTRIBUTED

gram with the Council on International Educational

Exchange.

"I lived with a host family and went to an intensive language study," explains Campbell, who also spent a significant amount of time volunteering as an English tutor at two local schools, one of which served the children of Ecuadorian immigrants. She says that in many ways, her year away gave her a leg up when it came time to start college.

"It definitely made me a more open-minded per-

son," she says. "I was just so stressed out senior year (of high school), and the gap year really gave me a break from that academic pressure and that pressure to succeed and make really great grades. I definitely think that I'm really fresh for college now."

In many ways, Campbell's story is typical of students who take gap years, says Jay Bacrania, the CEO of Signet Education in Cambridge, Massachusetts.

Giving the brain a little break

"I was just so stressed out senior year (of high school), and the gap year really gave me a break from that academic pressure and that pressure to succeed and make really great grades. I definitely think that I'm really fresh for college now."

Elizabeth Campbell

Bacrania and his colleague Sheila Akbar often help plan gap years for the students they work with, which they stress isn't a year-long vacation.

"They are going to be challenged," he says, adding that planning is key. "It's not really a way to disguise a year off." Students weighing whether to take a gap year should ask themselves these questions:

What do you want to accomplish?

"Think about what your goals are," advises Bacrania. "Is there a project you want to work on?" He suggests that high school seniors talk with their families or other mentors about things they'd like to achieve during the year and to come up with

a realistic plan reach those goals.

Are you taking time off for the right reasons?

Sometimes students who didn't get into their dream college or university think that a gap year can help bolster their college applications and get them to the next level.

"We don't encourage that," says Bacrania, noting that some students flirt with the idea of the gap year quite late into their senior years when they feel like they aren't getting into the schools they want.

Both Akbar and Bacrania say they usually suggest that students complete the college application process and defer admission for a year.

'Round the planet plan

Thinking of taking a gap year? Ask yourself how much structure you need.

- Some students want to focus on developing a skill or learning a language during their gap years. Sheila Akbar recalls working on a plan for a student who was interested in exploring a career in fashion. "We researched summer programs and said, 'These are the pros and these are the cons.'"

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East Division semifinal

Als leave Lions licking wounds

Montreal Alouettes coach Tom Higgins said this week he was waiting for his offence to explode, and they picked a playoff game to do it.

With third-string running back Brandon Rutley leading the way with 95 yards on 15 carries, the Alouettes piled up 215 rushing yards in a 50-17 trouncing of the B.C. Lions in the CFL East Division semifinal on Sunday afternoon.

"It's a great feeling to be doing this and be in this position," said Rutley, who stepped into the lineup when Tyrell Sutton hurt an ankle in the final regular-season game, a 29-15 loss at Hamilton. "We have so much talent and, when it comes together like this, it's magic out there."

The victory bought Montreal a return ticket to Hamilton to face the Tiger-Cats in the East final next Sunday.

They hope to stay on the roll that started in mid-season, when they bounced back from a 1-7 start to win nine of their next 11 games.

THE CANADIAN PRESS



Alouettes linebacker Kyries Hebert sacks Lions quarterback Kevin Glenn on Sunday in Montreal. THE CANADIAN PRESS

Eskimos end Riders' reign as champions

West Division semifinal. Edmonton defence thwarts Saskatchewan passing attack with five INTs

When the Edmonton offence couldn't get it going, the defence more than made up for it on Sunday.

The Eskimos defence recorded five interceptions and Kendial Lawrence had an 84-yard punt return touchdown on special teams as Edmonton beat the Saskatchewan Roughriders 18-10 in the CFL's West Division semifinal.

"Our defence was pretty vital tonight," said Eskimos head coach Chris Jones. "We needed to play good there. If you want to win in the playoffs you have to play great on defence."

"Our defence seems to be able to do that week in and week out," Lawrence added. "They gave us a lot of chances on offence and we just need to take better advantage of them."

The game was billed as a battle of the backup quarterbacks between Edmonton's Matt Nichols and Saskatchewan's 41-year-old QB Kerry Joseph, but neither lasted past the midway mark of the third quarter.

Edmonton's No. 1 quarterback Mike Reilly came into the game six minutes into the third quarter despite nursing a broken bone in his right foot.

"I knew I was probably going to get in at some point," said Reilly, who was then asked



Alonso Lawrence, top, and Almondo Sewell of the Eskimos sack Roughriders quarterback Tino Sunseri on Sunday in Edmonton. BRENT JUST/GETTY IMAGES

West Division semifinal

18

Eskimos

10

Roughriders

to critique his performance. "We won, so good enough. That's how it goes in the playoffs. If you win, you were good enough. If you lost, you didn't. We played good enough against a good football team in some tough conditions out there. It will only get harder from here on out, so we certainly want to get better though."

With a week to rest, the current belief is that Reilly may be ready to start next Sunday when the Eskimos meet the Stampeders in the West Final in Calgary.

"I'm sure that the time be-

tween games will help with his injury, we are certainly hoping that it will," Jones said. "I'd say it looks pretty likely he will start next week."

"I definitely expect that will be the case after tonight," Reilly

said. "As of right now I feel comfortable that will be the case, but we are still seven days away. That should continue the recovery process and hopefully I will be further along."

Quarterback Tino Sunseri finished off the game for the Roughriders.

The loss ended any hopes the Roughriders had of defending their Grey Cup championship from last year.

"We didn't do enough things to win," said Saskatchewan veteran defensive lineman John Chick.

THE CANADIAN PRESS

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Chiefs stuff Seahawks in high-leverage situations

NFL. Kansas City defence closes door on champs on fourth down to get win and share of first place in AFC West

The old offensive line coach in Andy Reid could appreciate the way the Kansas City Chiefs pried open holes for Jamaal Charles to run free against Seattle on Sunday.

He could appreciate the way their defensive front stepped up, too.

Given a lead thanks largely to the legs of their dazzling running back, the Chiefs held the Seahawks on fourth down three times in the final quarter. The result was a tense 24-20 win that pushed Kansas City into a first-place tie with the Denver Broncos in the AFC West.

"We're sitting there with



metro AR Jamaal Charles rushes the ball against the Seattle Seahawks on Sunday in Kansas City. Scan the image with your Metro News app for more action from around the NFL Sunday. WESLEY HITT/GETTY IMAGES

three fourth-down plays late in the game," Reid said, "and they stepped up and did a phenomenal job there getting off the field."

As for Charles, who fin-

ished with 159 yards and two touchdowns?

"He's Jamaal Charles," Reid said. "He's a special player."

Russell Wilson threw for 178 yards and two TDs for

On Sunday

24

Chiefs

20

Seahawks

the Seahawks, and Marshawn Lynch had 124 yards rushing. But Lynch, fresh off a four-touchdown game, was stuffed twice by the Kansas City defence with the outcome hanging in the balance.

The Seahawks' last-chance drive ended when Wilson threw incomplete on fourth-and-18 at their 20-yard line with 1:13 left.

"They had a great defence," Wilson said. "They just made a great play."

"It was a heartbreaking loss, we thought we could have or should have won it."

THE ASSOCIATED PRESS



Local boy steals the show

Milwaukee Bucks guard and Miami-born Brandon Knight takes a three-point shot Sunday in Miami against the Heat. Knight made three 3-pointers and scored 20 points as the Bucks defeated the Heat 91-84. WILFREDO LEE/THE ASSOCIATED PRESS

Euro qualifier

Croatia, Italy play to draw

Italy drew 1-1 against Croatia in a troubled European Championship qualifier in Milan on Sunday, leaving both teams level at the top of their group.

Antonio Candreva fired Italy in front in the 11th minute but Croatia levelled just four minutes later through Ivan Perisic following a rare howler from Italy goalkeeper and captain Gianluigi Buffon.

The match had to be suspended for 10 minutes after Croatia fans threw fireworks onto the pitch.

THE ASSOCIATED PRESS

Euro qualifier

Dutch get much-needed victory

The Netherlands outclassed Latvia in a morale-boosting 6-0 win Sunday in European qualifying that eased pressure on coach Guus Hiddink after four defeats in his first five matches.

THE ASSOCIATED PRESS

On leave. Peterson calls NFL process 'arbitrary'

Adrian Peterson's potential return to the Minnesota Vikings is at the heart of a dispute between the NFL and the players' association, and the star running back thinks the league is being unfair.

Peterson criticized the NFL on Sunday over the process of being activated from a special exempt list after he pleaded no contest Nov. 4 to misdemeanor reckless assault in Texas for hitting his four-year-old son with a wooden switch.

The union filed a grievance with the league, demanding Peterson be allowed to rejoin the Vikings until the determination of any punishment under the personal conduct policy. The NFL, however, ruled Peterson must remain on paid leave in the meantime.

Commissioner Roger Goodell has the sole power to remove him from the special exempt list.

"At this point, I've resolved my matter in the criminal court; I've worked to make amends for what I've done; I've missed most of the season, and I stand ready to be candid and forthcoming with Mr. Goodell about what happened," Peterson said in a



Adrian Peterson
BOB LEVEY/GETTY IMAGES

statement issued by the NFL Players Association.

"However, I will not allow the NFL to impose a new process of discipline on me, ignore the CBA, ignore the deal they agreed to with me, and behave without fairness or accountability. The process they are pushing is arbitrary, inconsistent, and contrary to what they agreed to do, and for those reasons, I never agreed to the hearing."

THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

The facts of your situation are not in doubt, but what will you do about them? If your instincts point you in one direction while everyone else says you should do the opposite, trust your gut.

♉ Taurus

April 21 - May 21

If, as the planets suggest, you are getting frustrated at being ignored do something about it. There is no excuse for keeping your thoughts to yourself.

♊ Gemini

May 22 - June 21

What you need to remember over the next few days is that there are many routes to self-discovery, and many routes to fame and fortune too. Find a simple way to combine the two.

♋ Cancer

June 22 - July 23

With both Mercury and Uranus strong in your chart today there will be moments when your ideas and insights are touched by genius. What you discover is meant for sharing.

♌ Leo

July 24 - Aug. 23

Never be afraid of your feelings, even when they are negative in nature. If you are annoyed about something there must be a reason for it.

♍ Virgo

Aug. 24 - Sept. 23

If an amazing idea surfaces in your mind today you must do something with it. Write it down in as much detail as you can straight away.

♎ Libra

Sept. 24 - Oct. 23

Don't listen to those who say you must follow the "official" line on something. Trust your own moral compass.

♏ Scorpio

Oct. 24 - Nov. 22

Your mind is awash with ideas but you seem reluctant to do much with them. Maybe that's because you don't want to begin new projects in a rush of enthusiasm only to lose interest in them later. Take your time.

♐ Sagittarius

Nov. 23 - Dec. 21

Instead of looking for ways to back out of a commitment, look for ways to make it work in your favour. If you combine positive with lateral thinking your life can be a huge success.

♑ Capricorn

Dec. 22 - Jan. 20

A minor piece of information could have major repercussions today. Something you are told may sound unlikely but don't dismiss it. Strange things are taking place behind the scenes.

♒ Aquarius

Jan. 21 - Feb. 19

It may seem as if someone is talking down to you but likely it is your defensive attitude that makes it look that way. You need assistance and they are willing to help, so relax.

♓ Pisces

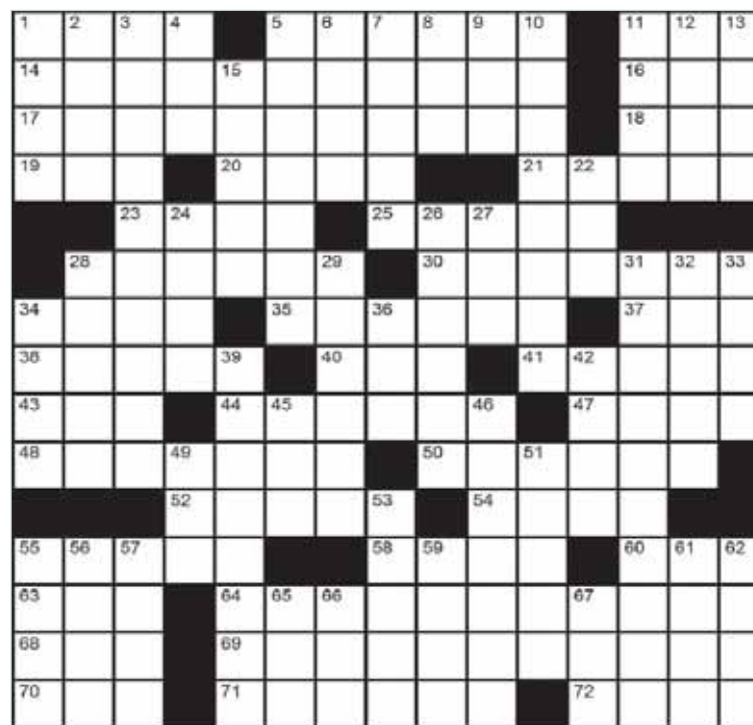
Feb. 20 - March 20

A problem that started out small has now grown to occupy your every waking thought. So, yes, it's high time you dealt with it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

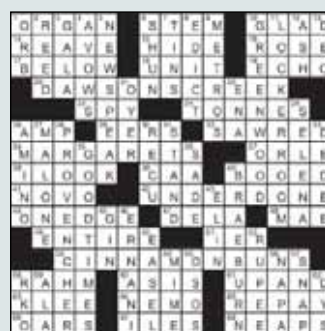
1. Morning talk's Kelly
5. American-Canadian writer Mr. King
11. Truck co.
14. Vancouver attraction: 2 wds.
16. Be out of sorts
17. It's when celebs get special and/or unorthodox medical treatment: 2 wds.
18. Stew bit
19. Health or safety message, e.g.
20. Brain wave
21. Be a popular Twitter topic
23. Tree variety
25. "Amadeus" (1984) star Tom
28. Scant
30. Road traverser
34. Mr. Damon
35. Marriage partner
37. '___' for Avonlea
38. Ben of "Saving Hope"
40. Basketball's li'l Magic city
41. Mailing enclosures, commonly
43. Former-NBAer, ___ Ming
44. Doodle, then erase, say
47. Bjork: "It's ___ Quiet"
48. As Seen On TV blanket
50. Skull's eye place
52. Spew
54. Author Leon
55. Badlands formation



Down

2. Host's 'let me know'
3. Celine Dion: "That's the Way ___"
4. Peter ___, Style Expert on "The Marilyn Denis Show"
5. Bids
6. David Pierce link
7. Ms. Winfrey
8. ___ jacket
9. Sleeve
10. 1912 Canuck book... Sunshine ___ of a Little Town
11. Be open-wide
12. Demeanor
13. Attired
15. Untruthfulness
22. King, in Portugal
24. "Different" suffix
26. Throat parts
27. Guitar guru Mr. Paul
28. ___ Calendar
29. Lyric poems
31. Makes the most of a money-making opportunity: 3 wds.
32. "Villain, thou ___" - Shakespeare
33. Gas station
34. Spring months
36. Hockey's Bobby
39. Hints at
42. "Born to Get Wild" by Steve ___ feat. will.i.am
45. Never: German
46. Beach Boys: "___ It Be Nice"
49. Comprehend
51. Vancouver-born journalist Mr. Oliver
53. Deed
55. Justin Bieber hit
56. Fertilizer ingredient
57. Overbrim
59. Tyros, briefly
61. Trim
62. Miss: Spanish [abbr.]
65. ___ degree
66. Ms. Irving
67. Sports org.

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

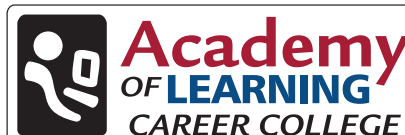
Friday's Sudoku



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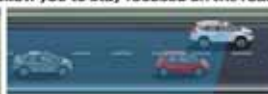
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